

HEALTHY WAY OF LIFE: HEALTH BUILDING, HEALTH SAVING

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The author considers various aspects of a healthy lifestyle, the need to maintain it in modern megacities, and its impact on the lifestyle of children, adolescents, and middle-aged people. It also addresses important compliance issues, problems of sleep deprivation and obesity in adolescents, and the need to develop a proper and balanced diet for school and preschool children. The article considers the likely consequences for those who do not follow a healthy lifestyle and have bad habits.

Keywords: *health, healthy lifestyle: health structure, health conservation.*

Annotation: This overview describes aspects of a healthy lifestyle, the particular need to reference it in the conditions of modern cities and its impact on the lifestyle of children, adolescents and middle aged people. It also addresses important problems of adherence, the problem of lack of sleep and obesity in adolescents and the need to develop a proper and balanced diet among children of school and preschool age. This review is the result of the analysis of information from 11 different articles. The objective and logical conclusion is figuring out why a healthy lifestyle is especially necessary in our time, and how constantly to support it. We will also consider the likely consequences for those who do not adhere to a healthy lifestyle and has a bad habit.

Introduction: health is an invaluable asset not only each person, but also affects the condition of society as a whole. When we meet or part with close and dear people we wish them good health, as this is essential and key to a fulfilling and happy life. Health helps us to carry out our plans, successfully addressing major life challenges, overcome difficulties and, if necessary, to withstand considerable overload. Good health, reasonably maintained and improved by the person, provide him a long and active life. Some people today are victims of physical inactivity, which causes premature aging, others consume excessive amount of food is much higher than the actual daily requirement of organism in it that almost inevitably leads to the development of obesity, vascular sclerosis, some have diabetes, others can't fully relax, to distract from the production and household chores, always restless, nervous, suffer from insomnia, which ultimately leads to numerous diseases of the nervous system and internal organs. Some people became dependent on Smoking and alcohol, actively shorten their life. Many people, unfortunately, reminded of the need to care about their health only when they get sick. However,

after recovery they immediately forget about reasonable prevention and not doing anything to prevent a recurrence of the disease in the future. The lack of movement, lack of physical work, physical exertion is a characteristic feature of our time, "the disease of the century", as many say. Indeed, the constant and the increasing mechanization of labor, the development of transportation systems, the growth of material prosperity and progress in all spheres of life led to the fact that a large part of the population with a high level of culture does not receive the proper dose of movements, either quantitatively or qualitatively. Many men and women go through life not knowing what it means to be in a state of physical readiness. They know neither well-being a really healthy person, no joyous state where nothing causes fatigue. However, realizing necessities the right approach to this area, with slight volitional effort, they can achieve such a life. According to the report of experts of the world health organization, 1985. the level of health of the population is only 10% is determined by the level of development of medicine as a science and a state system of medical care, 20% — environmental and environmental factors, 20% to genetic factors and 50% in the lifestyle and attitude of the person towards him.

The purpose of this review is to attempt proven awareness of the need to maintain a healthy lifestyle, reasonable alternation of mental and physical activity, a rational approach to nutrition, its quantity and diet, as well as evidence-based comparison of the pros and cons of modern urban society. Based on these tasks, it seems necessary to pay special attention to the following aspects:

– analysis of the features of life of a modern person, taking into account the constantly decreasing level of physical activity of the majority of the population, especially in urban conditions;

– analysis of the influence of adverse external factors related to the environment, climate change, and the increasing influence of civilization on the ecosystem of the planet;

– consideration and analysis of the possibilities of maintaining a healthy lifestyle in modern conditions in order to compensate for objectively existing negative factors affecting the level of health and physical activity of a modern person;

– objective conclusions about the benefits of maintaining a healthy lifestyle based on physical activity, taking into account factors that must be taken into account when forming a conscious approach of youth to their health and level of physical activity.

Nutrition: The eternal desire of people to be healthy and efficient has led to the fact that recently much attention has been paid to rational nutrition as one of the important components of a healthy lifestyle. Proper, scientifically based nutrition is the most important condition for human health, working capacity and longevity.

With food, a person receives all the necessary elements that provide the body with the energy necessary for the growth and maintenance of tissue activity. In this field researches have been repeatedly conducted and many articles written. I took some of them. The notion that much of our eating behavior is not guided by a physiological need, but by the response to food-related cues is well documented [1].

The main idea of this article is that people exposed to a multitude of food-related signals in their daily life, as well as the quantity and density of these food-related cues have been implicated in whether someone is eating or not. In particular, discretionary nutrition choice (“snacks”), often defined as food consumed outside the side of the main meals seems to be more influenced by such signals than the main food. Factors which affect snacking are of great interest, like snacking seems to be associated with higher total calorie intake and, consequently, the development and maintenance of obesity and health problems associated with obesity. Here we examine how people respond to internal and external snacks, and, importantly, are there individual differences in how these cues relate to snacking behavior this can be explained using psychological variables. It should be noted that there are no foods that in themselves would be good or bad. All food products to one degree or another have nutritional value, but there is no ideal food. It is important not only what we eat, but how much we eat, when we eat and in what combinations we eat certain foods. In addition, healthy

eating by primary school-aged children is important for good health and development. Schools can play an important role in the education and promotion of healthy eating among children [2].

It is important, for example, not only that children are put to bed at the appropriate time according to the regimen, but how they do it and how they provide a deep, healthy sleep. In addition, it is extremely important to provide children with comfort when they awaken. We must understand that the education of children of this need is a task of national importance, and the health-improving activities of a preschool educational institution are a long-term investment by the state in a family that will return to it in the form of healthy and full-fledged citizens. The habit of a healthy lifestyle is the main, basic, vital habit; it accumulates in itself the result of using the available means of physical education of preschool children in order to solve recreational, educational and educational tasks. Therefore, the preschool institution and the family are called upon in preschool childhood to lay the foundations of a healthy lifestyle using various forms of work.

And it is precisely in the family, in the children’s educational institution, at an early stage of development that the child should be helped, as early as possible, to understand the enduring value of health, to realize the purpose of his life, to encourage the baby to independently and actively shape, maintain and increase his health. In order to actively influence the position of the child in relation to our own health, we, educators, need to know, first of all, that the term «health» itself is ambiguous.

Dietary behavior is important for the development and growth of children and also influences health outcomes later in life. Fruit and vegetables and daily breakfast consumption are important components of a healthy diet and their beneficial effects on health are well documented. Diets rich in fruit and vegetables protect against cardio-vascular disease (CVD), some types of cancer, and obesity. Regular breakfast consumption is associated with better cognitive performance and a reduced risk of becoming overweight or obese among children and adolescents [3].

In order for food to meet the requirements of a healthy lifestyle, it must provide the body with all the necessary food elements in the required amount and combination. Human body is complex mechanism. Human health depends on how much a person receives energy and how much he spends it and how harmoniously all his organs work, providing the neces-

sary level of life. One of the criteria for assessing this condition can be a person's body weight, determined taking into account his height. Excessive or inadequate nutrition has a negative effect on the body. With excessive nutrition, body weight increases significantly, which can lead to obesity, and, ultimately, to various diseases of the cardiovascular system, diabetes, metabolic disorders, etc.

When malnutrition occurs, a person loses weight dramatically, his health worsens, and he falls working capacity, reduced immunity. That is why it is so important to follow the rules of a rational, balanced and nutritious diet. The childhood obesity epidemic appears secondary to changes in modern society resulting in increased availability of energy dense foods and reduced opportunities for physical activity. There is growing evidence that many young children are consuming a diet inconsistent with recommendations and in addition, have inadequate levels of physical activity [4].

Without adipose tissue, the body cannot exist. It performs various functions. This is both mechanical protection and stabilization of the position of internal organs, vessels and nerves. This is also a function of heat conservation. However, its excess can lead to very unpleasant consequences. Obesity introduces an imbalance in the work of almost all internal organs. «For physical activity, changes in motivational regulation were fully in line with the tenets of Self Determination Theory and Motivational Interviewing: participants made a shift towards a more autonomous type of motivation (i.e. controlled types of motivation decreased and autonomous types increased). Moreover, an autonomy supportive coaching style was generally found to predict a larger shift in autonomous types of motivation. For healthy dietary behavior, however, except for a small decrease in external motivation, no favorable changes in different types of motivation were observed. The relation between coaching and motivation appeared to be influenced by the presence of physical activity guidance in the programme» [5].

This article reflects observations of obese people, their eating habits, and their daily life. Not every excess weight can be called obesity. To characterize the condition associated with excessive deposition of fat, scientists use two key concepts "overweight" and "obesity". Overweight is understood as the excess of the established standards of body weight in relation to growth, but at the same time, the deposition of fat is not yet externally expressed and clearly does not appear.

Overweight is considered a risk factor leading to the development of obesity. Obesity is a chronic disease

characterized by an abnormally high increase in body fat mass. One of the most important components of healthy lifestyle is sleep. «Sleep is an important contributor to physical and mental health; however, chronic sleep deprivation has become common in adolescents, especially on weekdays. Adolescents aged 14–17 years are recommended to sleep between 8 and 10 h per night to maximize overall health and well-being. Although sleep needs may vary between individuals, sleep duration recommendations are important for surveillance and help inform policies, interventions, and the population of healthy sleep behaviors. Long sleepers are very rare among teenagers and sleeping too much is not a problem per se; only insufficient sleep is associated with adverse health outcomes in the pediatric population. Causes of insufficient sleep are numerous and chronic sleep deprivation poses a serious threat to the academic success, health and safety of adolescents. This article focuses on the link between insufficient sleep and obesity in adolescents» [6].

This article argues that public health should take sleep more seriously. The community and our society as a whole, i.e., as much attention and resources are given as activity. Not only is a good night's sleep as important as a healthy diet and regular physically active for general health, but sleep habits also affect eating habits and the screen and therefore may affect body weight control.

The general trends that humanity is now facing are that our food is becoming more and more greasy, sweet and refined. An increasing share of the energy falls on the goodies. Not the least role in these changes is played by the laws of the market — food manufacturers need to feed well-fed, satiated with tasty people.

This means that advertising is needed to convince us to try a cheeseburger or biscuit. And if an adult can still figure out what is useful and what is not, then the children in front of this advertising stream are completely defenseless. And it is precisely on children that food advertising is increasingly oriented. And as a result, we get a generation of people who have been used to eating on the go since childhood, chewing between things, while preferring foods that are excessively fatty and sweet. Nutritionists have repeatedly raised the topic and imperfections of school nutrition.

Short sleep, poor quality of sleep, and late sleep are all associated with excessive food intake, diet and obesity in adolescents. Sleep, sedentary lifestyle, physical activity and diet — all this interacts and affects each other to ultimately affect health. Sleep is the most inactive state of a person. Children who sleep less than

necessary are more likely to be obese. This conclusion was made by Canadian scientists who analyzed the data of 422 children aged 5 to 10 years. The results of the study showed that children who had less than 10 hours of nighttime sleep were 3.5 times more likely to be overweight than children who slept 12 or more hours. Scientists explain this situation by fluctuations in the level of hormones responsible for metabolism.

Lack of sleep leads to a decrease in hormone levels that stimulate metabolism and reduce hunger. In addition, due to a short night's sleep, the concentration of the hormone increases, enhancing the feeling of hunger. «The enactment of mandated policies/guidelines for schools is considered an essential step in improving physical activity and healthy eating. However, policy makers need to: monitor whether schools are able to implement the guidelines, support schools struggling with implementation, and document the impact of the guidelines on students' behaviors. To facilitate the implementation of mandated guidelines/policies, the Diffusion of Innovations Model provides an organizational framework for planning interventions. Changing the school environment is a process which cannot be undertaken solely by passive means as we know that such approaches have not resulted in adequate implementation» [7].

Physical activity:

Motor activity is any muscle activity that allows you to maintain good physical shape, improve well-being, provide a burst of energy that gives an additional stimulus to life. It is well known that in the process of human evolution, changes in body functions affected to a greater or lesser extent all human systems. The most significant changes have been the human psyche and the processes of its impact on the regulators of vital functions of the body.

Scientific and technological progress in the process of human evolution has constantly increased the amount of necessary information, i. e. the load on the mind, at the same time, the mandatory physical activity was reduced. «It is recommended that community sport participation is advocated as a form of leisure time PA for children and adolescents, in an effort to not only improve physical health in relation to such matters as the obesity crisis, but also to enhance psychological and social health outcomes. It is also recommended that the causal link between participation in sport and psychosocial health be further investigated and the conceptual model of Health through Sport tested» [8].

This article tells that physical education has always occupied a leading place in preparing a person for an

active and fruitful life. It can successfully solve the problem of imbalance between the strength of emotional stimuli and the realization of the physical needs of the body. This is a sure way to strengthen spiritual and physical health. Physical culture has an important effect on the mental development of a person, adapting to sudden and strong functional fluctuations. Only 600 people require continuous training and exercise.

Muscular movements create a huge stream of nerve impulses directed to the brain, maintain a normal tone of the nerve centers, charge them with energy, and remove emotional overload. In addition, people who are constantly engaged in physical education, outwardly look more attractive. Physical education is the best measure for the prevention of alcohol, smoking and drug addiction. Training gives a person confidence. People who are constantly engaged in physical education are less susceptible to stress, they better cope with anxiety, anxiety, depression, anger and fear. They are not only able to relax more easily, but also know how to relieve emotional stress through certain exercises. Physically trained people better resist diseases, it is easier for them to fall asleep on time, they have a better sleep, they need less time to sleep. Some physiologists believe that every hour of physical activity prolongs a person's life by two to three hours. Summarizing all the above, we can conclude that each person to ensure a good level of health must have a trained, flexible body that can provide real ideas for working in the process of life.

«The results show consistent support for a positive relation between more autonomous forms of motivation and exercise, with a trend towards identified regulation predicting initial/short-term adoption more strongly than intrinsic motivation, and intrinsic motivation being more predictive of long-term exercise adherence. The literature is also consistent in that competence satisfaction and more intrinsic motives positively predict exercise participation across a range of samples and settings. Mixed evidence was found concerning the role of other types of motives (e. g., health/fitness and body-related), and also the specific nature and consequences of introjected regulation. The majority of studies have employed descriptive (i. e., non-experimental) designs but similar results are found across cross-sectional, prospective, and experimental designs» [9].

The features of the organization of training sessions by individual systems of physical exercises include some restrictions in their choice. The fact is that in compulsory classes in the physical education

discipline, only those systems (or elements of these systems) that are associated with increased physical activity can be used.

Therefore, entire sections, for example, from the “yoga” system, based on long meditation, long-term relaxation and passive muscle stretching, although they have a certain healing effect, cannot be recommended for regular classes in the required school time because of their extremely selective effect on individual body systems. But this does not exclude the use of such exercises in training sessions in an educational aspect or as an aid. When practicing separate systems of physical exercises, where possible, the organization of mini-competitions on individual elements, combinations or exercises is not excluded.

They not only increase interest in classes, but also serve as a method of monitoring the effectiveness of training sessions. The departments of physical education are developing special additional credit requirements and standards that reflect the essence of each system of physical exercises. «In 2005, we reported on the success of Comprehensive School Health (CSH) in improving diets, activity levels, and body weights. The successful program was recognized as a “best practice” and has inspired the development of the Alberta Project Promoting active Living and healthy Eating (APPLE) Schools. The project includes 10 schools, most of which are located in socioeconomically disadvantaged areas. The present study examines the effectiveness of a CSH program adopted from a “best practice” example in another setting by evaluating temporal changes in diets, activity levels and body weight» [10].

In this article, we learn these data confirm the effectiveness of CSH in improving health behavior. They show that an example of “best practice” can lead to success in a different setting. Moreover, the study gives evidence that investments for broader implementation of a program based on “best practice” are justified. The curriculum in physical education provides freedom of choice of sports for students of the main and sports departments.

After a period of active theoretical, methodological and general physical training in the first year, students are invited to independently choose a sport or a system of physical exercises for systematic classes in the process of studying at a university. Sports in the elective course of students ‘physical nutrition is this part of the predominantly practical training of the discipline’ Physical Culture “, in which students choose their own sport (from among those proposed by the Department of Physical Education). However, it is appropriate to

make a small reservation here: only those sports that are associated with increased physical activity can be included in the curriculum.

It is no coincidence that adolescents, youths, and even older people face a choice: what, what exercises, what kind of sport, and how to do it to improve health, for physical development, to maintain and increase the level of working capacity. In a higher educational institution, where the educational and professional program in the subject “Physical Culture” provides for compulsory classes with a sports orientation with each student, the problem of choice also arises. Physical development is closely related to health. Classes in certain sports, physical exercise systems can contribute to the development of certain organs and body systems. With the help of appropriately selected physical exercises, it is possible to improve many indicators of physical development (body weight, circumference of a difficult cell, vital capacity of the lungs).

A significant role in the occurrence and occurrence of the effect of active rest is played not only by the features of previous fatigue (mental, physical, neuro-emotional), but also by the psychological mood of a person, his emotional state, and even temperament. The use of applied sports and physical exercise systems to ensure psychophysical reliability and safety when performing professional types of work is based on the fact that classes in various sports, as well as the skill level of athletes, leave a mark on its functional readiness, on the degree of knowledge of applied motor skills. If in school years a young man was not able to master such skills as swimming, skiing, then this should be done in his student years.

«Previous studies showed that cognitive ability is related to health and mortality. The cause of this relationship remains largely unknown. One plausible explanation is that cognitive ability is related to behaviors that affect health. This study investigates whether cognitive ability is related to healthy dietary habits, physical activity and appropriate bodyweight in adolescents and examines whether self-control mediates the relationship between cognitive ability and health behavior. Most studies looked at general cognitive ability in relation to health. In contrast, other studies examined the relationship between reaction time, working memory and health» [11].

In this article, research results show that adolescents who get high grades in a cognitive test have healthier eating habits and engage in physical activity more often. Teenagers with high self-control have a healthier diet, more often physically active and have a lower

BMI. Reaction time and memory duration were not associated with eating habits and physical activity. Self-control was not associated with cognitive abilities and therefore could not mediate relationships

between cognitive abilities and health in this study. A necessary condition for maintaining health in the process of work is the alternation of work and rest. Rest after work does not mean a state of complete rest. Only with very great fatigue can we talk about passive rest. It is desirable that the nature of the rest was the opposite of the nature of the work of man. People of physical labor need rest that is not associated with additional physical exertion, and mental workers need certain physical work during leisure hours. This alternation of physical and mental stress is good for health. A person who spends a lot of time indoors should spend at least part of his rest time outdoors.

A special place in the healthy life regime belongs to the daily routine, a certain rhythm of human life and activity. The regime of each person should provide a certain time for work, rest, eating, sleeping. The daily routine for different people can and should be different depending on the nature of work, living conditions, habits and inclinations, however, there must also be a certain daily rhythm and daily routine. It is necessary to provide sufficient time for sleep, relaxation. Breaks between meals should not exceed 5–6 hours. It is very important that a person sleeps and takes food always at the same time. Thus, conditioned reflexes are produced. A person having dinner at a strictly defined time knows well that by this time he has an appetite, which is replaced by a feeling of severe hunger if dinner is late. The disorder in the day regime destroys the formed conditioned reflexes.

Conclusion: The advances in science and technology are increasingly relegating physical work to the background, giving preference to mental work with its complex psycho-emotional stress. The brain, heart, blood vessels of a person are forced to work with incomparably greater tension than his muscular system, which makes up about 40% of the whole body.

The disturbed normal physiological balance of the vital activity of the human body gives rise to ever new ailments that limit its vital activity. People do not want to get sick and prematurely age, they are looking for the most effective means of maintaining high performance. In these centuries-old and many-sided searches, mankind has experienced quite a few hobbies with fashionable medicines, the latest theories of healing and rejuvenation, but the authority of physical exercises from this not only did not shake, but steadily

increased. And all because the influence of movements extends both to a separate system or function, and to the whole human body as a whole.

Exercise drives the natural reserve forces of a person. Nothing is able to compensate our nervous system for what its active muscle work and optimal physical activity endow. Classes in the gym, pool, stadium, sports fields, skating rink, forest paths lay the foundation for high performance, the ability to long-term stress of the most complex functions of the nervous system. Physical culture, properly organized training sessions are that reliable shoulder on which it is possible and necessary to rely at any age. Physical culture is a powerful accumulator of vitality, it brings vigor and cheerfulness, pride in its motor skills and capabilities.

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Здоровый образ жизни: здоровьестроение, здоровьесбережение

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Автор рассматривает разные аспекты здорового образа жизни, необходимость ведения его в условиях современных мегаполисов и его влияние на образ жизни детей, подростков и людей среднего возраста. В нём также рассматриваются важные проблемы соблюдения режима, проблемы недосыпания и ожирения у подростков и необходимость разработки правильной и сбалансированной диеты у детей школьного и дошкольного возраста. В статье рассмотрены вероятные последствия для тех, кто не придерживается здорового образа жизни и имеет вредные привычки.

Ключевые слова: *здоровье, здоровый образ жизни: здоровьестроение, здоровьесбережение.*

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